

# Build More Visible & Blocky Abs so They Pop Out

**Build More Visible & Blocky Abs with these ab exercises. Each day's routine target specific ab muscles that will help them pop out.**

What's going on Nation? Welcome to bench break episode 6. how to build more visible & blocky abs.

Now we all know that as you start to decrease your body fat percentage, you're going to start to see the outlines of your abdominals and your obliques. But what if you want to have those extra deep cuts and you want to have the kind of abs that really poke out when you flex? Well, in order for that to happen you need to train your abs like you would any other muscle part that you want to grow.

What I want to do today is go over with you the training techniques that I use to help me build a defined 6-pack and obliques. For your frequency, I'm going to recommend that you train your abs 4 times a week. What I like to do is split those workouts into two different categories.

On day one, I like to focus on the rectus abdominis and on day 2 I like to focus on the obliques. And then what I do is I take a rest day. Then repeat those workouts with day 4 where I get some dominus, day 5 I'm hitting the obliques again.

For the intensity of these exercises, you're going to be trying to lift as much weight as possible for the designated rep ranges. Just like any other muscle group that you train you want to apply as much weight and progressive overload as possible to really rip and tear the muscle fibers so that you can actually have some growth.

Now, the sets and reps and rest periods for these exercises.

I'm going to recommend that you do at least 4 sets per exercise and you keep that rep range between 12 and 15 repetitions. And only take a 60 to 90 second break in between each exercise.

Now that you have an idea how to format your routine, what I want to do is go over with you my six favorite exercises for day one. When you decide to make your routine, you only need to pick 2 to 3 exercises per day. So if you want to use the exercises from this list, just pick 2 to 3.

I'd also want you to know that there is a lot of speculation out there that you can't target your lower abs specifically or the upper. In my experience, whenever I perform an exercise that involves weighted leg lifting, so whipping my in the air and applying extra weight to it, I feel like I have a lot more engagement in my lower abs. So with this in mind, every single time I do my day one workout I make sure I always incorporate an exercise that involves lifting the legs.

## **Day One for Build More Visible & Blocky Abs**

So let's get started with the first exercise.

### **Ab Pulldown**

Now the first one is my all-time favorite exercise. It's called an ab pulldown. Now I'm going to simulate this with bungees, however, if you check out this video right here, it's actually an exercise you can perform a lot easier with a lot more weight with a cable machine. But, I don't have that in my studio, so I'm gonna demonstrate it right here.

So the ab pulldown is very simple. On your knees like this; you're holding the handles by your head; and you're bringing your knees to your elbows. Or just a elbows to knees. If you could bring your knees to your elbows that's Talent.

And you'll notice I'm trying to keep my torso in one place as I do the exercise. When you start to lift really heavy with this exercise, if you can have somebody stand on your toes, you can focus more on contracting your core as opposed to trying to do the exercise and hold yourself in one spot.

## **Dumbbell Hanging Knee-Raise**

Second exercise is going to be a dumbbell hanging knee raise. Now for some of you it actually might already be intense exercise just to kind of hang like this and raise your knees in the air as high as you can. For those of you who are a bit more advanced, I'd like for you to do it with a dumbbell. There's a few different ways you can do this if you have access to ankle weights, you can use those as well. If you don't, just position the dumbbell where you can grab it with your feet. You're gonna hang like so and bring it up as high as possible, controlling the weight on the way up and on the way down. And you're not using any momentum. You can also perform this exercise or the dips, doing the same thing.

You bring yourself in the air and with this one you want to make sure your hips are staying in line with your hands. Okay. I'll show you the difference. This is what the exercise I suppose would look like. It's actually pushing my hips forward. This is what you don't want to do. You don't want to be doing this. Okay. Hips forward. Bring the weight up as high as you can. So that's the more advanced way to do it.

## **Ball Passes**

My third favorite exercise is the ball passes. These can get pretty intense, especially if you use a slower tempo. So you go a lot slower with the ball pass.

Now whenever you do these it's actually a 1-1 count. So it's not one repetition until the ball leaves your feet and then comes back to your feet. So just like this. Lay down the

ground, hands over your head. Come up as you come up to grab the ball your shoulder blades have to come off the ground. Don't just get lazy and do this. Shoulder blades up grab. Come back down. Don't let your feet or the ball touch the ground. Bring it back to the middle and then go back and forth just like this.

## **Medicine Ball Floor Crunch**

The fourth exercise is going to be a medicine ball floor crunch. For this one you might want to start off with a smaller size medicine ball. This is an 8 pound ball and the way this exercise works, it's similar to the ball pass where you're going to hold the medicine ball between your feet. Don't have a medicine ball, you can try to find something else to hold. You hold the ball in the air and as you bring the ball and you're going to crunch and touch your elbows to your knees just like this. And you'll notice the whole time I wasn't letting the medicine ball touch the ground. And for me, that one really kills my lower abdominals.

## **Dumbbell Toe-Touch Crunch**

The next exercise I want to show you guys is going to be a dumbbell toe touch crunch. And for this one you're gonna lay down on the ground like this. You're gonna hold your arm in the air. Show lay it on the ground. Keep one leg bent. Then what you're going to do is raise one leg in the air and touch the toes with your opposite hand, like this. Then come back down to the ground just like that, And what you would do is perform all your reps on one side, and then switch to the other. Again, you guys will see that all these exercises I'm really getting my shoulders off the ground. I'm contracted my abs as hard as I can.

## **Ball Crunch with Plate**

The sixth exercise is going to be a ball crunch with the plate. The way this is going to work, you don't need much weight in this exercise, believe it or not, is you're going to sit on a ball, take a plate. Then you'll hold it behind your head, like this Then what you're going to do is you're gonna lean back as far as you can, come up for a crunch, and then come back down and hold that plake to your head as tight as you can. Just like that.

Those are some of my favorite exercises. That's how I get the rectus abdominus on day one.

## **Day Two for Build More Visible & Blocky Abs**

So we're going to do now is go to day two. I'm gonna show you some of my favorite exercises that target obliques. Now we're on to day two, which is going to be obliques. Once again, I'm going to show you guys four challenging exercises to really target your obliques. But remember, you're only picking two to three to do on your day two workout.

## **Woodchopper**

The first exercise is going to be a woodchopper. For this exercise you want to use a cable machine, however I'm going to demonstrate with a bungee once again. So for the woodchopper, what you want to do is you want to set up the pulley so that's at about your hip height. From there you're gonna hold on to the handle. I like to interlock my fingers. And as a rule of thumb with most oblique exercises, I like to keep my hips facing one way and never let them move. That way I get as much tention as possible as I twist my torso.

So for this exercise I'll actually start with my toes facing forward and my hips facing forward away from the machine. Grab

the hand though. Keep my arms straight and then push all the way through. And as they come back, I'm keeping my hips facing forward, just like this. And for this exercise you will obviously have to do 15 reps on one side and then 15 reps on the other side.

Now you can also switch up this exercise every once in a while. If you would like, you can try doing it from a low angle like this, just to target your obliques a bit differently. And you would go from the bottom to the top. And then you can also put the bungee up higher and target from top to bottom. But you'll notice that whether I'm doing the middle, top, or bottom, the bungee is always going through the center of my core.

## **Standing Oblique Crunch**

The second exercise I want to show you guys is a standing oblique crunch. Now with this exercise it might be easier for you to start off by holding a plate. But as you get more advanced and stronger, you go to dumbbells. With this exercise, once again, you can do 15 repetitions per side. It's really important that you keep your hips in one place and you only dip as far as you can go without your hips pushing out to the side. Don't move a little bit. But there's a big difference between dipping this low and then dipping like that. It's really throwing your body out of whack, unwanted pressure on your spine. It's just not good thing. So stay with your feet about shoulder width apart put your hand on your hip or behind your head. Dip down as far as you can and then crunch. And even when you crunch, crunch as tight as you can without pushing your hip out to the side too much, So you don't want to be doing this. You just want to stay nice and tight. Go down, come up, really crunching your torso and focusing on your obliques. As soon as you're done switch sides. Pick the other side.

## **Floor Oblique Twist**

The third exercise is going to be a floor oblique twist. You're going to use a plate. If you want to you can also use a medicine ball. For this exercise you're going to actually try to balance on your gluts. So keep your feet together, flex your glutes a little bit, lean back as far as you can while still being able to sit upright. And what you want to do is bring the plate back and forth. You can touch the ground if you'd like to, but the exercise would be a little more intense if you just go as far as you can to the ground without touching. And then go back to the other side. So I'll show you real quick. So down back and forth just like this. And once again, you're doing 15 reps per side.

## **Standing Oblique Twists**

Now the fourth exercise and this is a really challenging exercise is gonna be, you know, standing oblique twists with dumbbells. And the way this exercise works is you're going to stand with your feet a little bit wider than shoulder width apart. You're gonna hold your arms out to the side like this, bend your knees, and then you're gonna twist side to side just like that. And again, you'll notice that my hips are facing forward the entire time. I'm not really using that heavy of weight. The most I usually do one this is ten pounds dumbbells. Believe it or not, fives are actually pretty challenging.

You can do it correctly. You're doing that one one count, again. So one rep is left, right, one left, right. You also want to make sure your arms are staying straight the entire time. If you've never done this exercise before, I want you to start off with just your hands. What tends to happen if you go right to dumbbells is you'll twist and your arms will start doing things like this. And it's not really letting the exercise do what it's meant to do, which is target your

obliques. So start off with your hands out to the side like that, and focus on keeping everything nice and straight.

If you want to practice, you can actually get up like a wooden pole or something to put across your neck and put your arms on top to practice it like that as well.

## Review

So that's your day two routine. You can be targeting your obliques: pick 2 to 3 of your favorite exercises. And remember, try to progressively overload as you're doing your routines. The goal is to get 15 repetitions. If by the time you get to your fourth set you've increased the weight, you can only get 10 to 12, that's okay.

Just push it as hard as you can. If you guys have any questions about this video or your exercise routine to get better results, join us on the forum section, right here. The community and I are there daily to help you guys out. And for more great tips, exercises, and routines, feel free to join us in our home in Fitness.com.

And as always, more good stuff coming soon. See you guys.

If you're looking for a quick way to switch things up, login to your profile and go to the workout section of the website. Once there, click on the muscles you want to train. Then you'll be brought to a page where you can further filter down your search. Now you have a complete list of all the routines that target your chest and utilize only a barbell or dumbbell. From here you can race the routine, add it to your routines in your profile. And if you scroll down you can see a write-up of the entire routine as well as photos of all the exercises. You can also download a printable PDF just by clicking on it.

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# **Belly Fat Loss Halted by Insulin and Insulin Resistance**

**Want to lose belly fat to see your abs? You must become a fat burner. Insulin is the key to losing fat, especially abdominal fat. Controlling insulin should be your new goal.**

In this video we're going to talk about how to burn fat, a very important topic, but a big problem simply because pretty much all the mainstream recommendations for burning fat are completely outdated. In fact, look at the statistics in America: only 2% of the population ever is successful at burning fat, in achieving their weight-loss goals. Belly fat is a "sticky" problem.

An average female spent 17 years dieting. So what does that tell you? They're operating off of incorrect information.

What I'm going to tell you is based on fact, physiology books, how the body works. There Are two main fuel sources in the body. Okay, you have fat and you have stored sugar. There is a third one called muscle, but I'm not going to get into that because you have to be very very sick for your body to start using muscle protein as a fuel source.

## **Are You a Fat Burner or a Sugar Burner?**

We're going to talk about the two main ones which are fat and sugar. In other words, your body can store sugar (the name of

that's called glycogen) in your liver and your muscles. And that can be released in between times where you're not eating. Okay. Or it can go after the fat.

So the way it works, our fat burning hormones based on what you eat and what you do trigger the fat, and then to release certain enzymes to dissolve that fat, called lipase enzymes. These enzymes that break fats down into ketones. Ketones are the byproduct of fat metabolism and your body can run on these very efficiently, way better actually it's a better fuel source, it's a cleaner fuel source. Your body can run on this; even your brain can run on ketones.

Now fat making hormones trigger the storage of sugar and the conversion of the sugar into fat. So that's how that works. The great majority of people are only burning sugar which is glucose. They're not burning fat. What occurs is they will lose some temporary water weight and they hit a plateau, thinking that's actual fat. But if they never actually burn fat, and I can prove that because I have a machine that measures how much fat someone burns, and you can very easily see they lose water weight, and then they plateau.

So the great majority people burn sugar. They're not actually burning fat. They are not losing belly fat. So in this next section I'm going to tell you about the single control factor that determines whether you're burning fat or whether you're burning sugar.

## **Insulin is the Key to Fat Burning**

So here it is: the number one controller of whether you burn actual fat or whether you're burning sugar is this one hormone called insulin. Insulin, even in small amounts, has the strength, the domination, to prevent you from tapping into your fat reserve. Here's a little graph on how much insulin, or let's just say when I talk about insulin I'm going to talk about sugar, because sugar triggers insulin.

I could easily say the number one control of whether you burn belly fat is sugar, or hidden sugars. But I'm just going to call insulin sugar right now. So that sugar is high, let's say it's high sugar right here, or high insulin. You're not going to be able to burn fat.

Your body is running on sugar. So let's say you eat moderately. Because someone said everything in moderation, you know it still won't work because insulin has to be zero, or sugar has to be zero, to tap into ketones which are the byproduct of fat burning, which is ketosis. So in other words, it's not a graph that's a gradual graph. You have to make insulin, or so we say sugar, zero before you can burn fat.

## **Ketosis Means Belly Fat Burning**

So now we're going to talk about this thing called ketosis. Ketosis is what we want to get into. And you may hear some negative things about ketosis because it relates to diabetes. But we're talking about doing ketosis in a very healthy way. Okay, ketosis is the healthiest thing to do for your blood sugars, for your heart, for your brain, and other conditions like polycystic ovarian syndrome. Really, really important because, think about that condition, persons are usually always insulin resistant. And if they go on this diet they see great improvements. Okay, so we want to get the person in ketosis.

To get in ketosis usually does not happen overnight. It's easy to tap into the sugar reserve because all you have to do is eat sugar but to get into ketosis it can sometimes take way more than two days. It could take a week, to two weeks, up to a month, and maybe in some situations five or even six weeks before you're really hardcore into fat burning. Now why is that? Because you've been living on sugar your whole life and your system is so inefficient and so used to burning sugar.

## **Keto Adaptation**

To convert over it's called a keto adaptation. So you're adapting to burning fat just takes a little bit longer. Don't worry about it because you can see ketones in your urine within a few days. But the point is, you want to stick with it a little longer. And I think what discourages a lot of people is they think they're going to burn fat in a day or two. And they get discouraged, and they stop when in fact to adapt your body into a fat-burning it could take up to a month, to possibly six weeks in very extreme cases.

I'm telling you that because it might happen in a week, or maybe a little longer than a week. But just hang in there and stick with it because it will happen. And your body will be burning fat. And a lot of problems will actually go away.

## **Getting into Ketosis**

So now let's talk about what foods that you have to eat to get into ketosis to burn belly fat. OK, so here's here's what you need to eat. Number one you want to keep your carbohydrates within 5 to 10 percent of the entire amount of calories that you eat in a given day. Now the type of carbohydrates we're going to recommend are vegetable in nature. So why vegetable even though they have a small amount of carbohydrate? They have a lot of vitamins and minerals that you're not going to get with protein or fat. So we do want the vegetable carbohydrates here in a good amount. Okay, but the net sugars from that is going to be very, very, very low. If anything, at all.

Okay. 25% of your diet should come in the form of protein. This thing that I'm telling you is not the Atkins diet. Atkins is a lot of protein. Our body is not made out of carbohydrate. Some of her body is protein, but a lot of our body is made out of fat.

## Consuming Fat?

And that's the third one right here. 65 to 80 percent of your calories should be in the form of fat. Now before you freak out, realize that I've actually have been in ketosis for quite a while. And I have a lot of clients that also have been in ketosis. And it's a very healthy thing to do because you feel so good. But, fat is good. It's going to be in the form of healthy fats. And it's not going to be absolutely deep-fried, you know anything.

So we want the carbohydrates vegetable, we want the protein so that would kind of come out to about, let's say, about four to five maybe, six ounces of protein with each meal. Okay. But see most protein comes with fat. So a lot of your protein source actually comes from fat as well. But you do not want to consume the lean proteins, and that is because you need that fat to get your body into ketosis. Eskimos consume blubber and they actually are in a state of ketosis. And they can actually, a lot of them, actually have zero heart problems at all.

And if you're concerned about increasing your cholesterol, realize this your body makes 2,000 milligrams of cholesterol every single day. Why would your body make that much cholesterol if it didn't need it? So when you consume more cholesterol or fat your body just makes less. That's how it works. You need this cholesterol to build the surrounding around on your cells. You need its raw material to build up your hormones, especially stress hormone. So you need it for the lens of the eye and even the brain. A lot of cholesterol is in our brain to help the nerve connectivity.

## Your Body Adapts

So your body adapts to that. We need a lot of it, I mean like one egg would be 300 milligrams. You have to have like 40 eggs to equal what your body makes every single day. But it adapts,

so you eat less your body makes more. You eat more, the body makes less.

So now, 65 to 80 percent of your body should be in the form of fat, so that is the formula To get someone in fat burning. One time in high school I was a wrestler and I tried to gain weight. And so when I did is I decided, well of course, if I wanna gain weight I have to eat fatty foods. I started losing weight the more fat that I ate. And that kind of confused me until later when I got into the physiology of it. I found out that consuming fat is neutral with insulin. Eating fat does not trigger insulin.

Insulin is the key thing that must be zero. Because once you get your body into fat-burning by doing this, all it's going to take is a little bit of sugar to totally throw you out of ketosis. Once your body is adapted to it. But you'll feel much better with your energy, with your cardiovascular, with your endurance. And if you add exercise on top of this, oh my gosh, it's going to be huge.

A lot of professional athletes are going into this as well because they have a lot better performance. And a lot of credible medical doctors are even recommending this as well. So it's a it's a new thing. And you know it's true because it's the exact opposite of what mainstream is telling you to do. They're saying have 60% of your diet carbohydrates and have only 5 to 10 percent fat and protein the same. So you know it's correct. So if you just did the opposite of what everyone tells you to do you'll come out on top.

If you want to know the specifics of what exact types of fats that you should have and what combinations and some ideas of maybe some snacks click the link below and you can download a page of what to eat and how to do this correctly all right so I hope you enjoy this and I will see you in the next video.

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